

☀️ **FEBRUARY & MARCH AT EAST ROCK CREEK VILLAGE** ☀️

Fridays, February 15 & 22, 3:00-4:00 pm

CHAIR YOGA FOR SENIORS

- **Location:** Juanita Thornton/Shepherd Park Library, Conference Rm. 2 upstairs. There is an elevator to the second floor. There is limited parking at the library – 7420 Georgia Ave. NW – and metered street parking on Georgia Ave. as well as 2-hour parking on the side streets.
- A gentle movement class that can be enjoyed by anyone; no experience is needed. Wear comfortable clothes. All are welcome!
- Reservations are not required, but if you contact us (info@eastrockcreekvillage.org or 202-656-7322) we will schedule you for email or text reminders & notice of cancellations.

Saturday, March 16, 3:00-5:00 pm

ERCV OPEN HOUSE – ALL ARE WELCOME!

- At the home of an ERCV Board member, 6706 5th St. NW, near the corner of Aspen St.
- Join us for conversation and light refreshments, and learn more about how to enhance your quality of life, or that of your loved one or neighbor. All are welcome – come and bring your neighbor! Or **let us know of potential members you would like us to invite!**
- For more information, contact ERCV at 202-656-7322 or info@eastrockcreekvillage.org.

☀️ **Events sponsored by other Villages.** . . . ☀️

Wednesday, February 20, 2:30-4:00 pm

THE LIGHTER SIDE OF AGING, WITH VANELLA JACKSON-CRAWFORD

- At Gwendolyn Coffield Community Center, 2450 Lyttonville, Rd., sponsored by Silver Spring Village. Light refreshments & light conversation.
- Vanella Jackson-Crawford is a student of life, comedian, & edu-trainer; she will entertain her audience by looking on the lighter side of relationships, aging, & life in general.

Tuesday, March 5, 10:30 am-12 noon

UNDERSTANDING & ADDRESSING ELDER ABUSE

- At Forest Hills of DC, 4901 Conn. Ave. NW; sponsored by Northwest Neighbors Village, designed for Village volunteers

- Join the ElderSAFE Center for an interactive workshop to discuss the role of Village volunteers in identifying the warning signs & making reports. We will use examples to explore how best to serve your neighbors & help keep them safe. **RSVP 202-777-3435.**

Saturday, March 9, 2:00-4:00 pm

FASHION & FUNCTION SHOWCASE: ADAPTIVE LIVING

- At All Souls Episcopal Church Annex, 2300 Cathedral Ave. NW. Sponsored by Dupont Circle Village, funded by DC Office on Aging. Free event. Lite fare, music, fun!
- A common challenge many older adults face is the act of getting dressed and undressed by themselves, due to physical disability or a chronic condition. Come learn about some functional clothing & accessories available from vendors. **RSVP 202-436-5252.**

☀ **And some community events that caught our eye & might interest you . . .** ☀

- **Friday, Feb. 15, 2:30 pm: *Black History Month Film—Let Freedom Sing: How Music Inspired the Civil Rights Movement*** -- Takoma DC Library, 416 Cedar St. NW. Free.
- **Monday, Feb. 25, 8:00 pm (doors open at 7:30): *Fragrant Blooming Trees & Shrubs of Spring*** – At Brookside Gardens, Visitors Center/Education Bldg., 1800 Glenallan Ave., Wheaton. Silver Spring Garden Club. Speaker: Christopher Lewis of Behnke Nurseries, a Maryland Certified Professional Horticulturist & Montgomery County Master Gardener. Refreshments provided. Free event.
- **Tuesday, Feb. 26, 7:00 pm: *Community Meeting: DC Public Library Master Plan*** – At Tenley Library, 4450 Wisconsin Ave. NW. DCPL is developing a Library Facilities Master Plan to help guide planning for library services across the city & invites you to help plan the next 10 years to fine-tune & expand library services to remain responsive to DC’s changing & growing needs. Call 202-727-1488 for information.
- **Thurs., Feb. 28, 7:00 pm: *African American Migration to Washington DC During the 19th & 20th Century*** -- Shepherd Park Library, Room #2, Second Floor, 7420 Georgia Ave. (see parking information in the Chair Yoga listing above). Presentation by Derek Musgrove, co-author of *Chocolate City*. Free event in honor of Black History Month.